This new curriculum for nutrition educators focuses on diabetes awareness and prevention for adult Latinos. Included is information about the risks and consequences of diabetes; treatment, early diagnosis, and control; Latino attitudes, beliefs, and lifestyle factors; traditional folk remedies used to treat symptoms; and suggestions for ways to make positive changes in behavior. Also included are two sample lesson plans, participant self-tests and answer keys, tips for facilitating group discussion, suggestions for starting a walking program, and 10 reproducible black-and-white handouts - each in English and Spanish - with quizzes, exercises, recipes, and other tips for success. Two color posters, one in English and one in Spanish, which illustrate how healthy bodies use food, round out this kit.